

## YOUTH VS UNEMPLOYMENT: A NEVER ENDING BATTLE

By Samantha van Jaarsveld

South Africa's economy is declining, but unemployment rate has inclined over the last few years due to issues like corruption.

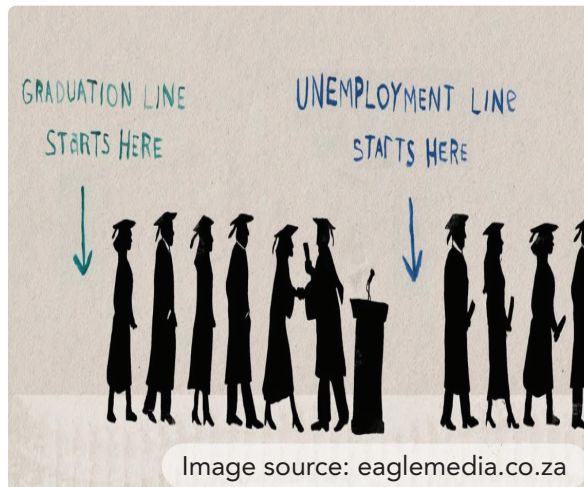
The country's unemployment rate, which stood at a frightening 28,74 percent in 2020, was designated as one of the highest worldwide.

This is due, in large part, to the Corona Virus pandemic which has had a substantial influence on the country's economy since March 2020, prompting several enterprises to liquidate and retrench some of their employees to remain afloat.

This happened due to the frequent lockdowns to try and reduce the transmission of the virus, conveyed through physical and social contact. These lockdowns, on the other hand, have had a huge strain on our economy as revenue and profit production came to a standstill. Many were left jobless and in grave financial problems.

The economic strains our country faced did not only affect the older working generation, but also the youth. Upon the negative impact of the virus, securing employment has become an almost impossible mission for graduates and post-graduates.

Graduates are placed in dire



predicaments, leading to homelessness and poverty. Unemployment has been shown to cause significant stress and discouragement amongst graduates and post-graduates.

Tamara Wildskut, a Nelson Mandela University Education Student and post Funza-Lushaka supported graduate says "I suffered significantly with obtaining a job upon my graduation in 2020."

"I personally believe that the Funza bursary should prioritize its graduates when seeking for job opportunities in governmental jobs, as I did, since this can help battle youth unemployment in a small but useful way." The unemployment rate is now approximately 35.80%, as many students continue to struggle with finding work, yet nothing continues to be done.

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## LETTER FROM THE EDITOR

Returning after my brief absence, I would like to thank the Assistant Editor-in-Chief, Mbali Mandy Ngube, for stepping in, and welcome everyone to the exciting fourth edition of MadibazNews!

Celebrating graduation season, we have a jam-packed edition filled with a variety of amazing articles to keep you on your toes and entertained! With President Cyril Ramaphosa announcing the end of the State of Disaster, we are encouraged to stay safe even now, more than ever. Being able to wear masks outside of an enclosed area gives us even more opportunity to express ourselves in ways in which we haven't been able to in over two years. So, smile at that stranger! Everyone needs a little happiness in their lives.

Vaccination drives at Nelson Mandela University campuses are no longer open to the public, but there are many areas that the local Department of Health cover daily and even on a weekend, so keep an eye out. With Easter approaching, we wish all of our Christian readers a lovely Easter weekend filled with the usual warm hot cross buns, ginger beer and easter eggs, and hope that everyone else enjoys the long weekend. To our Islamic readers, we wish a blessed Ramadan on the journey to Eid-al-Fitur!

Please do take care of yourselves, especially with the weather changing as rapidly. Winter is approaching, so please do look out for charities and organizations where you are able to donate to the less fortunate. Otherwise, have a lovely April and enjoy this amazing, well put-together edition!

Leigh Nakeetah Jason



Image Source: myhealthspecialist.com

## DONATE BLOOD, SAVE LIVES!

By Luphelo Zendile

**During emergencies, and for those who require long-term treatment, your blood could be a life saver. Blood donation is critical for people undergoing surgery, suffering from chronic diseases, cancer treatment, and those affected by catastrophic injuries. Your blood could be the catalyst for life-saving care.**

The demand for blood is constant yet barely 3 percent of persons who are age eligible donate blood annually. Blood donors provide vital services to the community. Thousands of patients would die daily if there were insufficient quality blood. According to the American Red Cross, donating one unit may save the lives of up to three people.

The South African National Blood Service (SANBS) is a non-profit organization that provides human blood for transfusion that operates locally and aims to collect 3000 units per day to ensure a safe and sufficient blood supply in the health care system. Recently, Nelson Mandela University endorsed the SANBS to host the first ever blood drive at Summerstrand Student Village on 24 March 2022.

It is not too late to make an impact on people's lives All healthcare institutions must have enough blood to fulfil the immediate needs of patients undergoing trauma and other life-saving treatments like blood transfusions.

You can visit your nearest blood centre to donate or if you would like more information. You must be aged between 16 and 75, weigh 50 kilograms or more, and lead a safe and healthy lifestyle.

Help save lives, today!





Image Source: PapelPop

## A BLACK LADY SKETCH OF APPRECIATION

By Leigh Nakeetah Jason

With series like *The Big Bang Theory*, *New Girl*, *Brooklyn 99* and *Jane the Virgin* dominating the 2010s, it was only right that the 2020s are led by more diverse casting. The 2020 lockdown imposed a lot of threats on the entertainment industry, and many people had to become creative to keep things going, but things were stabilized and precautions were able to be worked around to the point where we are now blessed with the most representation in sitcoms that we have ever had before. One of the most ground-breaking shows brought to date, debuted in 2019 – *A Black Lady Sketch Show*.

Each episode contains various, hilarious sketches starring mostly women, mostly black women. The idea was created by Robin Thede, comedian and actress who stars in most of the sketches alongside writer Ashley Nicole Black, YouTube sensation Quinta Brunson, multi-faceted actress Gabrielle Dennis, singer Skye Townsend and podcaster Laci Mosley. Together, they form the main cast and perform against various backdrops with performers like Angela Bassett, producer Issa Rae, Laverne Cox and Gabrielle Union.

The show is a first of its kind. The sketches all have a deeper meaning and are executed to the funniest T. It went on to win an Emmy for Outstanding Achievement in Sketch/Variety Shows and scooped up many Black Reel Awards, a first for a show of this caliber. Alongside newly and critically acclaimed *'Abbot Elementary'*, the comedy has set new heights for black women in the entertainment industry.

With representation being one of the most driving factors of all the entertainment industries, *A Black Lady Sketch Show* sure does cover all the bases. As much as the sketches are intended for comedy, it is also an opportunity for women of colour to see all the 'roles' they could be cast in and all the things they could achieve. Thede did not know what she started, but she can proudly see what she continued (Brunson creating *Abbott Elementary* being pure proof). Hopefully, with all the onscreen representation, what we hope follows is closing the wage gap and appreciation.

You can catch all the action and comedy on Showmax!

## "AMA 2000": THE DISRUPTORS OF SOCIAL NORMS

By Siyabulela Ncetani

The year 2000 is historically remembered as the one that featured many conspiracy theories. From the Y2K bug – a computer flaw or bug that may have caused problems when dealing with dates beyond December 31 1999 to various doomsday prophecies. This has all led us to neglect the positive things, one of which is the generation of the 'Ama2000'.

Generational researchers claim that generations are distinguishable by age, key events and similar group experiences.

Nevertheless, organizational psychologists have also indulged in this concept of generational differences, introducing us to the various categories 'Traditionalists', 'Boomers', 'Gen X', 'Millennials' and 'Gen Z'.

However, there is less appreciation and attention to the unique South African version of Ama2000, known for their fearlessness when challenging social norms that they disagree with.

For example, when they are told not to do something a certain way without any reasonable cause, they will curiously ask for reasons until older people run out of justifications, which leads the elders to adopt their perspective.

Ama2000 also have a lot of influence through various platforms like word of mouth and social media.



Image Source: Sportscene (Facebook)

They are divided into subgroups like the 'Skrr Skrr Gang' which are teens highly influenced by street hip-hop culture, but they are sometimes alienated by people who have yet to understand what they are like and what they stand for regarding the embodied love for hip-hop.

This is a generation that leaves one speechless – that cannot be boxed in by any ancient or traditional societal norms.

They need to be appreciated and celebrated for their contribution to the new wave of intelligence, free-thinking, their care-free mentality, diversity and ability to shift societal narratives.



## PRINTERS – ALL YOU NEED TO KNOW



Image Source: www.t3.com

By Robert Hill

With the rise of digital technologies, it sometimes seems as if paper has become a thing of the past. Most students, however, still do a large portion of their studying and note-taking on paper. Many people find it easier to learn without the distraction of a screen. This means that inevitably, at some point, you will need to use a printer – be it for printing notes, copying diagrams, or scanning handwritten work.

A printer can seem like quite a daunting purchase – so many different models and features! Well, fear no more – below is your simplified guide to printers. Firstly, you may not even need a printer of your own! The printers on all Nelson Mandela University campuses, allow for black and white and colour printing, and are very cost-effective. They are situated in the computer labs and in the libraries. The only disadvantage is that you need to be on campus to print. If you do not need to print something often, this is the best option.

However, often you may need to print something quickly, and a printer of your own is then very useful. The most common type of printer for home use is an inkjet printer. This type of printer is small and works well for normal usage when needing to print a small number of pages. These printers generally take two cartridges – a black and a colour cartridge. The next type is a laser printer. This is the type of printer used in large offices. While it does allow for very cheap per-page costs, it is very pricey to purchase so it will not be a good option unless you need to print a lot of pages often.

So, if you are looking for a printer, inkjet printers are the way to go. Other features to look out for are wireless printing so that you can print without the hassle of a cable. Most new printers (except for entry-level ones) offer wireless printing. Hopefully this will guide you in making an educated decision about what printer you need – and whether you do indeed need a printer!

## BOOKS TO SPARK YOUR READING HABIT

By Khanimamba Khoza

How many times have you heard someone say they are a reader, or they are not a reader? This article is for those that are not readers but would love to be, but simply do not know where to start. Developing a reading habit is not as easy as picking up a book at a bookstore or library, because choosing a book to start can often become overwhelming.

Below is a list of novels/books that can ease you into a reading habit, for those Saturday nights when the studying just isn't working but you still need to keep your mind busy. Spoiler-free of course.

- The Great Gatsby- F. Scott Fitzgerald, a New York Times bestseller novel about the glamorous and wealthy life of Jay Gatsby and his new love Daisy.
- Harry Potter- J.K Rowling, perhaps you have watched the Harry Potter movies and did not know they were based on a book series? Unlikely, the point however is, do try the books.
- The Alchemist- Paulo Coelho, translated into over 80 languages, this is one of the most engaging and intriguing stories ever told and in a very simplistic and powerful way, about a village boy who has a treasure to obtain.
- A Thousand Splendid Suns – Khalid Hosseini, about persevering at the face of the unimaginable hurdles we face during our lives as we plan and our



Image Source: Wakefit

plans get ruined, you won't want to put this one down.

- The Outsiders Book – S.E. Hinton, written by a young person, for young persons, this is a simple English novel that details a war between two rival gangs and the lives of those in the middle of it all.
- Born a Crime – Trevor Noah, entertaining, funny, tragic at times, but ultimately a very enjoyable and simple read.
- Hlomu the Wife- Dudu Busani-Dube, you are likely to have watched the Showmax original series The Wife, trust me, the book is better, please, read the book.



## THE VALUE OF FINDING A REWARDING HOBBY

By Robert Hill

**Do you have a hobby? The Oxford Dictionary defines a hobby as “an activity done regularly in one’s leisure time for pleasure.” So, it is something you do outside of your normal commitments, which you find enjoyment in, and you do regularly.**

A hobby provides a great break from university work and allows you to be stimulated. It can also teach you valuable skills that might one day be useful in other spheres of your life.

The great thing about hobbies is that there are no rules! Whether you enjoy a more “normal” hobby such as playing a sport, or you find enjoyment in something a bit less conventional, the important thing is that it must be something that you enjoy. So, perhaps you do not have a hobby: read on to get some ideas of something that might just interest you – and is easy to “get into.”

A hobby that involves physical activity is never a bad idea, especially if it provides a break from the books. You may enjoy a team sport, such as soccer, hockey or rugby – in this case you will be able to try out for the Nelson

Mandela University teams! If individual sports are more your thing, running, cycling or swimming could just be the hobby needed to get you out and about.

Of course, not all of us are energised by physical activity. You might find enjoyment in reading – in this case, you will need to find a genre that you most enjoy. Reading does not need to be a costly hobby either: borrowing books from a public library is free, and many charity shops sell good affordable books.

Perhaps you are someone who enjoys something between a very active and a more relaxed

hobby – in this case, the perfect hobby for you might be gardening. Even if you only have a window sill or a balcony, a few pot plants with flowers or herbs can be very rewarding.

Finding a hobby is a great way to relieve stress and learn new skills – give a few different ones a try and find one that captures your interest. You won’t regret it!



Image Source: Abohe Stock Images

## LOCAL FASHION GURU INTERNATIONALLY RECOGNISED

By Bantu Ndiki

**Appearing in the Eastern Cape fashion design concert, Buyel’khaya Pan African show in 2015, the Eastern Cape born fashion designer, Thando Piliso, advanced to top 8 at the prestigious show. He self-taught and his passion and interest in fashion design was only propelled further, as he sought to cultivate it by complementing his natural flair for fashion with theoretical knowledge. He decided to enrol at Damelin School of Fashion.**

His dream kept manifesting and his work was starting to be recognized in South Africa. He was selected as an upcoming designer on mentorship programme certified designers, David Tlale and Thula Sindi. His passion for fashion did not end there. He opened his own house of fashion named Thando Piliso Avenue (PTY) Ltd based in Manor Heights, 2nd Avenue, Walmer, Gqeberha.

Thando has been designing and consulting with clients all over South Africa and had some few pop-up stores in Johannesburg and other parts of the country, he has also done lots of fashion shows including Nelson Mandela Fashion week 2016 and 2017. He recently participated in Fashion Without Borders (FWB) Africa fashion show held in Radisson Blue Gautrain hotel, Johannesburg.

Not long after this, Piliso was nominated as the emerging talent of the year nominee by Fashion Industry Awards South Africa sponsored by the Department of Sport, Arts and Culture.

Shortly after his nomination, he smoothly took the heights and flew to Nigeria Rivers State Port Harcourt where he was



Image Source: Supplied

due to showcase his work under the theme ‘My African Dream’ in one of the Nigerian’s huge fashion shows, The Nook Fashion International. Many were proud as he flew the South African flag higher and felt that they were represented in his show because of the dominant Xhosa prints he translated into his works.

His collection was mostly Xhosa traditional clothes, accessories, and modern print fabrics. Thando Piliso prides himself in garment design and garment construction skills. The journey is only brighter for him, and he is ready for it.



## THE PASSOVER INTO THE MUSIC EXPLOSION

By Charnelle Davids

It was a rainy Thursday evening in Nelson Mandela Bay. Most were preparing themselves for the long weekend, some planning the details of their fast and others adding the finishing touches to their pickled fish, but the young bunch found themselves preparing for the Autumn Music Explosion at Nelson Mandela Bay Stadium.

Unfortunately, the title contradicted the turn-out and less than 300 people showed up and out, but the intimacy thereof made it more weather appropriate.

The locals dressed up in warm attire to be entertained by the likes of DJ Executive, Kevi Kev, Early B and the notorious Mufasa, Cassper Nyovest, who had just made headlines with his boxing match.

The event was hosted by the gorgeous Ms Thoko Makhambe who opened the show with her hit single 'By My Side', and instantly made everyone feel welcome. In less than half an hour, jackets, jerseys and scarves were shed as feet moved on the dancefloor.

The first performance was delivered by the ever so popular KeviKev who drew the crowd to the dancefloor with his hypnotizing hit single, which was carried over by DJ Executive. In an interview afterwards, the hitmaker mentioned how much he adored his fans and how that fuels his music-making process. We cannot even argue with that because the crowd, especially

the gorgeous ladies, were entranced by his set.



Image Source: Ronald Coleman Du Preez

After the crowd was properly warmed up, Gqeberha local hailing all the way from the Northern Areas, Early B, had everyone up rapping and laughing along to his humorous but fun music. He was excited to be performing in his hometown ahead of the Splash festival.

An excited older lady in the crowd announced that she was only there to show love and support to him as he has made his hometown proud, and she was not the only one.

He too in a short interview mentioned that he would always come back to bless his people with his music and talent.

The headliner of the event had throats raw before he even performed. After a short introduction by Ms Makhambe, the crowd went wild as Cassper himself appeared and performed a set of his most popular music like 'Doc Shebeleza'; 'Ragga' and 'Tito Mboweni'.

Needless to say, even though it was a cold and rainy night, Gqeberha residents thoroughly enjoyed themselves and we hope to have all these artists back in the Bay soon, hopefully when its much warmer!

## SIMPLE WAYS TO BE MORE SUSTAINABLE

By Laiken Faiers

There is a Greek proverb "society grows great when old men plant trees whose shade of which they know they shall never sit in." This speaks directly to the green movement currently taking place. The green movement was not birthed into existence recently, this conscious spirit towards sustainability has been passed down from around the 1800s to present.

We can all be environmentalist. Becoming one does not require you to become a hippie and tie yourself to a tree- a more modern-day equivalent might be to become a VSCO kid. It only requires you to make eco-conscious decisions whenever you can throughout your day. Taking on this responsibility helps to build a community ecosystem that supports sustainability and eco-practices.

There are many small changes that we can make, and greener alternatives to choose from in order to create a lifestyle that is kinder to the earth. Here are a few examples:

1. Use electricity wisely  
Make the effort to only switch on lights that you need and switch off those you don't. One can even make the effort to switch to LED lightbulbs. Another way to use electricity wisely is to unplug any unused electronics or only turn the washing machine on when you have a full load.

2. Reduce food waste  
When we look at the bigger picture throwing away food is actually a waste of a variety of resources like seeds, water, fertilizer, energy, and labour. Try only buying what you need and be aware of what is in your

fridge or cupboard.

3. Donate your clothing  
Instead of throwing out clothing that could still be worn, rather pass them down to a family member, friend, person in need, or a charity shop. Donating clothing is an eco-friendlier because it reduces waste and supports slow fashion.

4. Buying local  
Buying locally places money back into the community which can help in times of financial adversity. From an environmental perspective it also helps reduce your carbon footprint.

It only requires a little bit of time and thought to make small steps towards creating a more sustainable lifestyle.

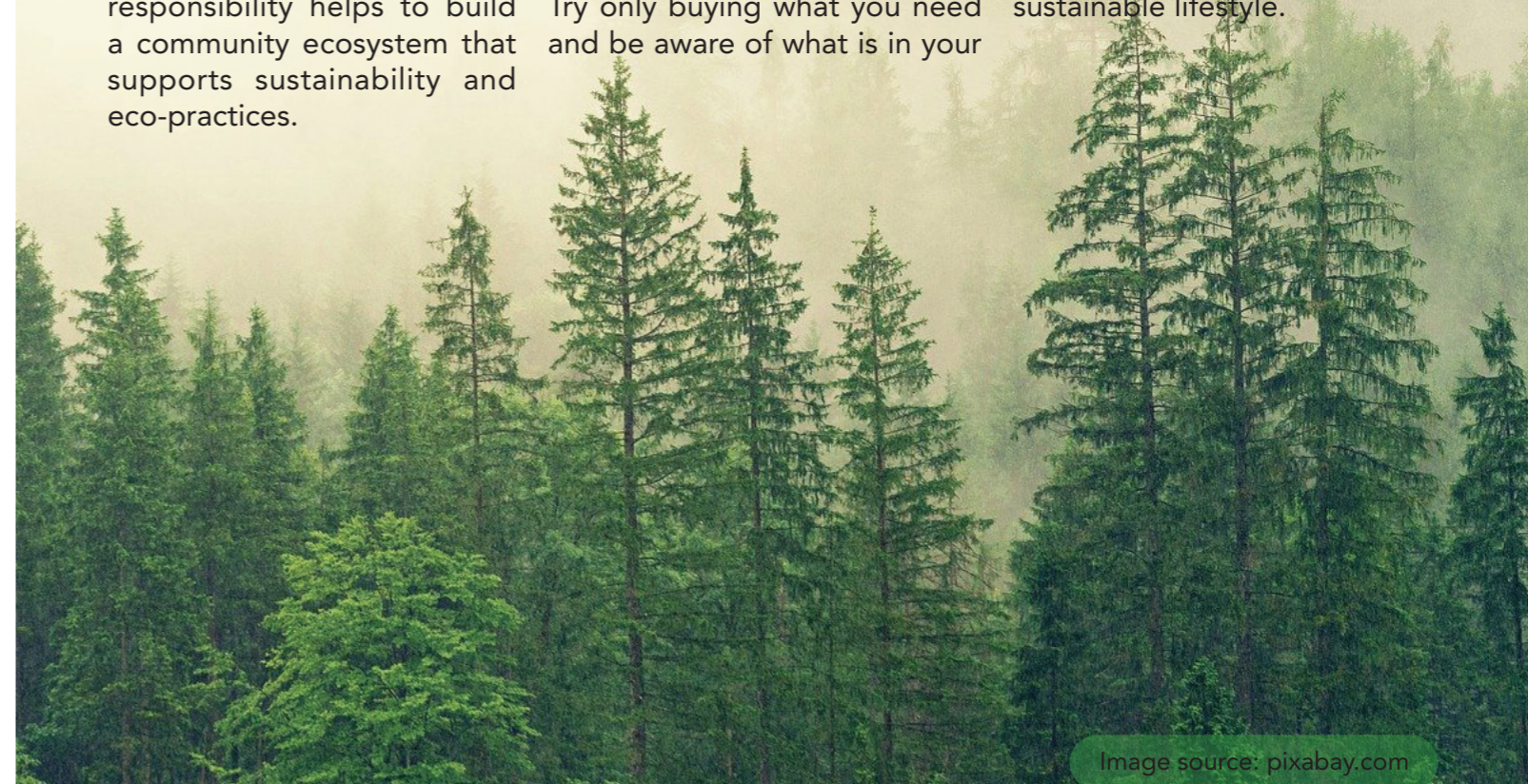


Image source: pixabay.com



## THE END OF ANTIBIOTICS?

By Akahlulwa Radana

The end of an era in medicine is upon us, thanks to drug resistance in bacteria. It is said that globally, approximately 700 000 people die from drug-resistant diseases each year. Simultaneously, progress on new antibiotics has slowed to a halt, putting the world in jeopardy of a hazardous period in which routine illnesses are untreatable.

The cause of drug resistance is natural selection, where bacteria evolve genetic mutations to help them resist antibiotics and as a result have a higher chance of survival, reproduction and spreading.

The more antibiotics are taken, the more possibilities for drug resistance in bacteria to strengthen, which will ultimately lead to less effective antibiotics.

It is not only diseases like tuberculosis that will no longer be treatable but even sexually transmitted diseases are becoming increasingly difficult to treat – caesarean sections along with joint replacements are becoming more precarious to perform because the risk of infection rises.

At present, there is a bacteria that spreads through antibiotics by the name of 'C.difficile', and also a strain of gonorrhoea that is drug resistant, 'N.gonorrhoeae'.

These are two of the most serious current threats. It is essential that drastic changes be made with immediate effect or the 700 000 deaths related to drug resistant bacteria may climb to 10 million by the year 2050.



Image Source: Pexels.com

Phage therapy, where viruses are used in treating bacterial infections, holds great promise in curbing this problem.

Due to this therapy, methicillin-resistant Staphylococcus aureus rates have decreased and the threat posed by vancomycin-resistant Staphylococcus aureus has passed, showing us that an investment into phage therapy might just be our second line of defence if antibiotics start falling out of favour.



ImageSource: Pexels.com

## ARTIFICIAL INTELLIGENCE IN SOUTH AFRICA

By Phuthego Nthoke

In Africa, we are the country with the largest Information and communications market field. We lead in security software, banking, and mobile software. The Accenture and Gordon Institute of business science conducted a series of research and they have estimated that with the inclusion of Artificial intelligence (AI), the country can multiply its growth rate by 2035.

Theoretically, South Africa has been ready to accept a new age of technology. Resourcefully we are held back by our inability to have stable energy sources, so much so that policymakers are struggling to keep up with the idea of an artificially inclusive country. Although they have not been adapted into the constitution yet, there is an appointed commission that deals with policies related to AI. We see all these videos of people using Apples' home version of Siri, Amazon's Alexa, Tesla cars, and other countries' fast networks and fast-growing technology. Most of these are not supported in South Africa. Tesla has made efforts to integrate into South Africa, but they are facing challenges with charging stations. Some Auto traders have some Tesla cars for sale, but Tesla has not made any statements on the matter.

We are behind the rest of the world in terms of technologically advancing, but despite the challenges, we are slowly but surely making progress. South Africa introduced the first humanoid robot in 2018 backed by Nedbank. In 2021 the University of Johannesburg Acquired its own robot with Artificial Intelligence. Professor Duncan Coulter, A software engineer from the University of Johannesburg emphasized the importance of incorporating Artificial intelligence into our education system as well as educating our policymakers and relevant parties about the AI system.

The Academy of Computer Science and Software Engineering offers short programs that teach about the creation of intelligent systems and how to use modern technology and techniques. South Africa is a developing country and progress is inevitable, however, we still have a long way to go. Artificial Intelligence has a future in South Africa, it may come sooner rather than later, but we must accept that future and prepare for it.



## YOUR BRAIN VS A SUPERCOMPUTER

By Derick Hill

One minute you're watching a tutorial on how to answer that tricky question you got in an assignment whose deadline is fast approaching, the next minute you've binged through 20 funny cat videos, and the next – you're watching a tinfoil hat-wearing loon explain that the Earth is indubitably as flat as a pancake.

This is the power of the YouTube algorithm. How do the suggested videos seem to be so tailored to our personal tastes that the desire to click on them becomes almost irresistible?

The truth is, outside of the select few employees involved, not much is known regarding

the algorithm's specifics. This is what AlgoTransparency, a company created to uncover and inform people about the algorithms that govern their online lives, aims to find out.

Over 70% of videos watched on YouTube stem from suggestions. This means that 700 000 hours of daily watch time originates from videos that users did not plan on watching. Guillaume Chaslot, the founder of AlgoTransparency, describes the algorithm as a near-perfect clone of each user stored in the world's most powerful computers.

This copy knows what video you're going to click on before you do, and each time you do choose a video, you are either confirming its knowledge of your mind or allowing it to tweak its understanding of what you like. The problem is, algorithms like YouTube's are designed to favour advertisers by increasing watch time, not help the user.

Against computing power far beyond our own brains, we stand little chance of fighting massive watch times and its harmful side-effects, like lack of productivity and internet addiction. AlgoTransparency knows the odds are against users and therefore want the algorithm itself to change. In the meantime, they have two tips for users: Unsubscribe from channels that waste your time, turn off your YouTube history, and turn off autoplay. Take your online habits back into your own hands.

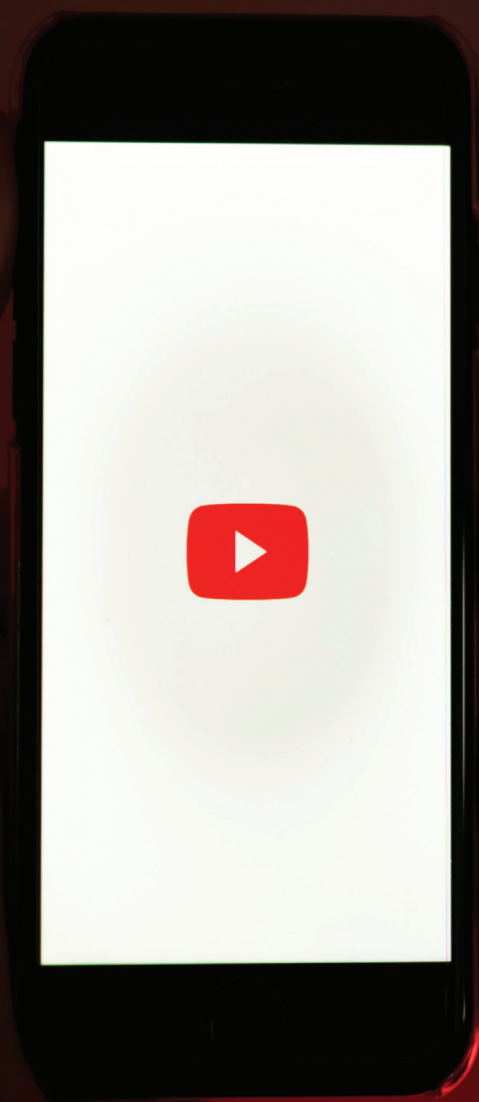


Image Source: [www.pexels.com](http://www.pexels.com)

## DANGERS OF FINDING LOVE IN THE MODERN ERA



Image Source: [www.pixabay.com](http://www.pixabay.com)

By Sonia Van der Linde

**Cyber fraud, financial exploitation, sexual harassment, stalking and doxing, are only some examples of the horrors that we, a society disconnected from reality, choose to turn a blind eye to in the hopes of finding our one true love.**

The latest statistics indicate that in 2020 the number of online dating users hit nearly 300 million. Unfortunately, advertising yourself and your personal information is not a good idea on an app where lying is as easy as pushing a button. A recent study done on the safety of popular dating apps, found that 9% of users reported that their accounts were hacked, information they did not make public was stolen, and they were financially extorted.

When reviewing a number of these apps, including Tinder, Bumble, Hinge, OkCupid and Badoo, it was found that Tinder was unquestionably the best dating app currently out there. Safety features aside, an accurate algorithm is key when trying to find your perfect match, which is a feature severely lacking in many of the apps. Applications such as Badoo frequently ignores the set age and distance limits. Hinge allows people that you did not even match with to send you \*unsolicited\* messages, which is always less than ideal. All these factors make the hefty charges for a Tinder membership sound more and more manageable.

As more than 16% of users admitted to using the applications on work/personal devices that contained sensitive information, cyber safety when using dating apps must be taken more seriously.

A general rule of thumb, do not share information online that you would not share with a stranger, do not use a device containing sensitive information, do not connect your dating profile with your social media accounts or your phone number and be wary of the photos and the backgrounds of the photos you post. Always keep in mind that the person you are talking to may not be who their profile told you they were.



## WANNA FIGHT? STUDY MATHS



Image Source: Madibaz Sport Facebook page

By Derick Hill

When imagining a black belt-level martial artist, a student hunched over a textbook behind a desk probably doesn't come to mind. However, the mental acuity acquired while studying highly theoretical and abstract fields such as university Mathematics might just be what is needed to create a well-rounded fighter.

Here's how different academic topics can improve your combat:

1. Geometry: Strength, balance, and power in fights all come from a comprehensive knowledge of angles. In martial arts, the 'building' of specific structures with your arms and legs in response to different threats is referred to as framing. This concept is vital to all arts, from the position of the legs during boxing to the way you defend with your arms when an opponent is on top of you while grappling.
2. Physics: This one is simple. The greater the velocity of your punch, the faster your opponent is going to fall. Understanding momentum, power, and energy will put you a step ahead of a less knowledgeable adversary.
3. Biology: Martial arts is expressed through the movements of the body. Knowing how that body works and using that information can only benefit the fighter. Pain management can be made easier by studying the nervous system, muscle mass and flexibility can increase through science-based training routines, and through a tailored diet energy and recovery will be no-brainers. Besides the more obvious ones mentioned above, increasing the capabilities of your mind in general will enrich your martial arts training. Brazilian Jiu Jitsu, a hugely popular and useful grappling art, is often called "human chess" for a good reason. Martial arts may be expressed through the body, but all the movements are born in the mind, where knowledge and strategy reign supreme.

## THE FIGHT AGAINST WILDLIFE ROADKILL

By Hlengiwe Phiri

Roads are constructed to make it easier for us to reach other parts of the landscape without encountering any difficulties, but when these roads intersect with nature, they give travellers a breathtaking view of the natural environment on one hand and pose as an obstacle for the local wildlife on the other hand.

Wildlife moves through the landscape for various reasons, similarly to us they may be in search for a better habitat, more food and water, or they may simply roam around, however, having these roads constructed makes it difficult for them to pass freely.

Wildlife roadkill poses a threat to the livelihoods of animals and if not mitigated it could lead to a rapid decline of local wildlife populations which will later affect the food web. A negatively affected food web can lead to the extinction of other species due to a lack of food.

One may argue that fence implementation could help solve this problem, but fences need maintenance now and again and that requires tons of money, therefore, the best way to mitigate this problem is to ensure that people coexist well with wildlife, which includes making sure that drivers are aware of the presence of wildlife in the area and that they drive slower and become more cautious when driving on such roads, especially at night. The adding of road signs and speed bumps can help drivers pay more attention to the road.

On the surface road kills may come across as an innocent mistake but if one were to take a deeper look, they would realize that roadkills are more detrimental than they

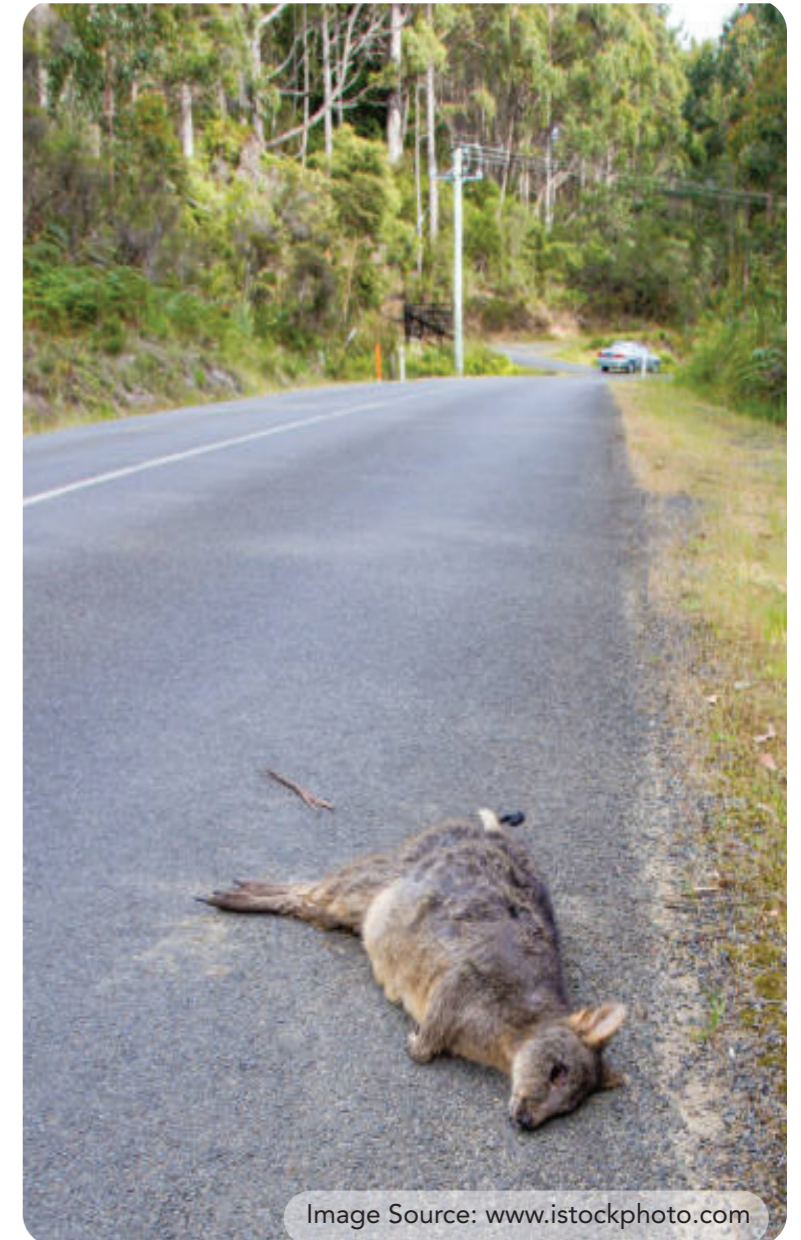
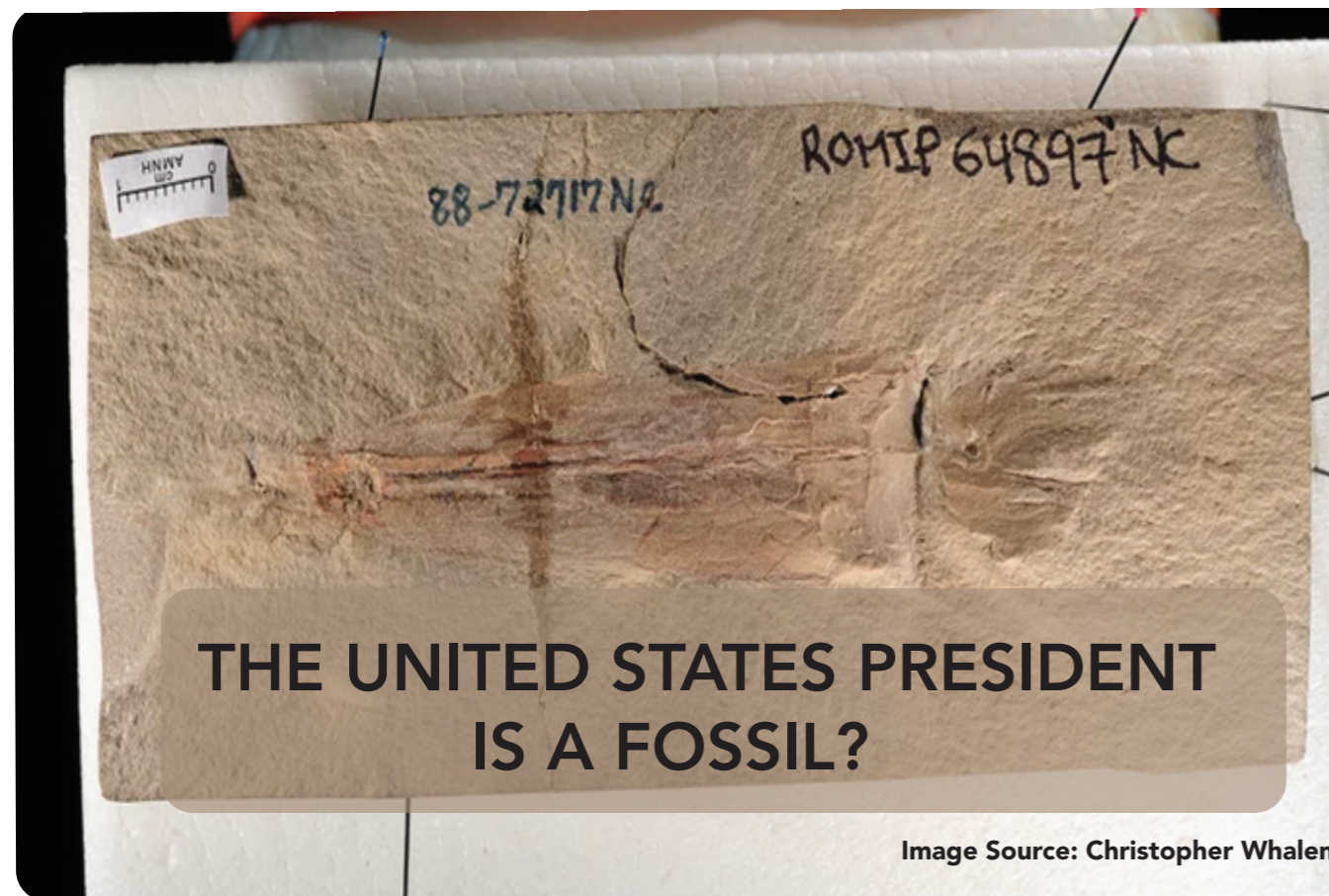


Image Source: www.istockphoto.com

look. They affect the natural order of the environment and threaten our biodiversity therefore it is crucial that we ensure that these animals are protected and are given the freedom to roam around freely without having to put their lives on the line every time they decide to cross the road.





## THE UNITED STATES PRESIDENT IS A FOSSIL?

Image Source: Christopher Whalen

By Zoleka Makhathini

A 325–328-million-year-old fossil was discovered in Montana’s Bear Gulch Limestone in 1988 and is the earliest-known ancestor of both the octopus and the vampire squid and kept in the Royal Ontario Museum in Canada. It was mostly disregarded for over 30 years until American palaeontologists Christopher Whalen and Neil Landman decided to explore it recently.

The discovered species’ name is ‘Syllipsimopodi bideni’, named after President Joe Biden, in honour of his dedication to science, “according to the researchers”. Syllipsimopodi bideni is a small, fossilized creature, approximately 12 cm long, with ten arms displaying suckers and fins and a long “torpedo-shaped” body like current squids. It’s a one-of-kind discovery since “squishy” animals deteriorate quickly after death and rarely create good fossils. The most astonishing feature of this fossil may be its age. The discovery pushes the fossil record for vampyropods back by 82 million years.

According to the researchers, syllipsimopodi bideni is the oldest member of a group known as the vampyropods. Vampyropods are soft-bodied creature in the group of cephalopods, which include octopuses and vampire squid. Cephalopods are among the world’s most diverse and fascinating molluscs. They have conquered every ocean, survived five mass extinctions, and now number approximately 800 species. Octopuses and squids are the most well-known cephalopods, but there are also cuttlefish, nautilus, extinct belemnites, and other cephalopods. Their economic and cultural value are enormous, and their ecological is crucial for ocean health.

As fascinating as this discovery is, most scientists, including Bruce Robison, strongly believe that there is still much more to be discovered in the deep ocean, such as new species and other deep-sea never been seen before phenomena.

## RES FOOTBALL RETURNS!



Image Source: Athule Zilwa

By Yamkela Zakhe

**Madibaz Football is a lively and popular mass sport participation programme – the Campus Football League (CFL) is just one of them, aimed at student wellness and social integration amongst athletes while also serving as a platform for the Madibaz First Team to identify and recruit potential talent.**

After a two year hiatus due to the unprecedented Corona Virus pandemic, the CFL is back in action. Students, particularly those unfortunate enough to make the first team squad, have been yearning to return to the action. One of the teams ready to book a spot in the league is Kings FC, a young team from Kings Student Accommodation in North End.

“It feels amazing to get back to action. We’ve been organizing friendly games just to get some match fitness, but it’s obviously never going to be the same. Competitive football has a completely different feel to it. Everyone is super excited,” said Kings FC midfielder, Siyolise Gqongwana. The team players are ecstatic about the revamped league and appear to have already set some ambitious goals for themselves ahead of the new season. of ourselves. But the aim is simple – to bring the trophy home,” the midfielder continued.

The registration for the residential league opened on the 6th of April and closes on the 25th. There are only 21 spots available, and registration will be based on the first come, first serve policy. Madibaz First Team assistant coach, Lukho Qitsi, hosted the first team trials earlier this year. The players who did not catch his eye on the day will be eager to show exactly what he missed out on.



## A RE-EVALUATION OF NETBALL POLICIES NEEDED?



Image Source: Netball team member

By Liyema Ngaso

**The Summerstrand Student Village netball team is regarded as a strong, resolute team with good team members. Teams including male participants, however, are said to be non-existent, as they are attracting less attention than those of women.**

During the Madibaz Freshers SRC sports day, the aim was to entertain with exciting, friendly sports games - accommodating all students despite their gender. The netball team has a male player who goes by the name Donald. The coach and two members of the team had a meeting with an SRC member to notify the other teams, the officials, and umpires about it.

The captain of the Summerstrand Student Village team testified with these words regarding the male teammate: "I do not see anything wrong with him being enthusiastic about netball and pursuing his aspirations, while also serving as a role model for those males who want to play but fear judgement."

There is a rule in netball stating that mixed gender teams can play in informal netball matches - the Freshers SRC netball games were not regarded as an official match as they were an activity purely for entertainment purposes.

Sports administrators should consider implementing programs and enforce explicit policies that ensure that LGBTQI+ adolescents can engage in sports without facing homophobic harassment and judgement.

## FRESH(ERS) BLOOD FOR SEVEN'S!

By Tumelo Muvhali

**Many great stories are written at grassroots level. Superstars emerge, and new potential arises from local sporting events – and the Freshers' Sevens Rugby tournament seeks to achieve just that.**

The Freshers' Sevens Rugby is a local exhibition that provides a platform for many talented, unrecognized rugby players from around Nelson Mandela University to display their talents.

This year's tournament kicked off with a fierce battle between three newly formed teams, The North Gods, The South Gods, and DASO.

The North Gods defeated DASO in the first match, scoring three tries to DASO's one, securing the first spot in the final. This meant that the remaining spot in the final would be contested by DASO and The South Gods. The South Gods comfortably edged past DASO and booked their spot in the final alongside bitter rivals, The North Gods.

The first exhibition's final was a thrilling encounter between The North Gods and The South Gods, with the South Gods getting off to a flying start – scoring three tries in the first half. However, they quickly lost steam in the second half, allowing the North Gods to score a morale-boosting try in an attempt of sparking a comeback.

After a series of rolling substitutions, The South Gods were able to maintain their lead, eventually going on to win the final. They took home the R1500 grand prize, and state that they plan to continue building on their outstanding performances.

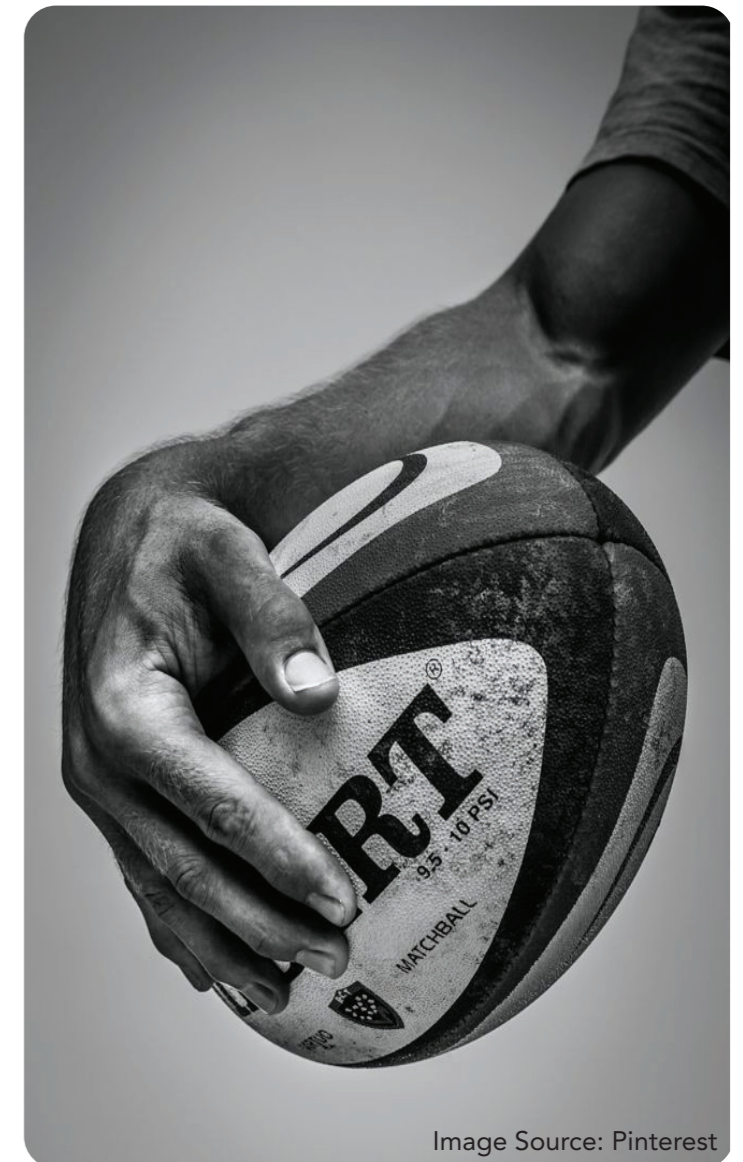


Image Source: Pinterest

Avuyile Kwinana of the opposition team expressed gratitude for the opportunity to play in the competition. "It was my first time playing sevens rugby, so it was a fantastic learning experience for me. I realized how important fitness and quick thinking are for a player to succeed at this format of the game."

"What I appreciate the most are the Madibaz coaches who are here to monitor and scout young talent for the Madibaz rugby squad next season, and that keeps everyone on their toes."





Image Source: Siyolise Gqongwana

## MADIBAZ SHOW CHARACTER IN GRITTY SEASON FINALE

By Siyolise Gqongwana

**On the night of a highly anticipated epilogue, the Madibaz rugby team went head-to-head with log leaders UFS Shimlas under the flood lights. The home support turned up in their numbers to cheer their team on in what turned out to be their last run in the Varsity Cup for at least another year.**

The 72-24 defeat confirmed Nelson Mandela University's exit in the competition and will see them relegated to the Varsity Shield next season. The Shimlas flexed their superiority early on, scoring 3 tries in the opening 10 minutes – showing no signs of fatigue from a tedious bus drive from the Free-State.

Late in the first half, the Madibaz faithful were eventually given something tangible to cheer for when full-back, Kyle Cyster, brushed off a tackle and crossed over the line in stunning fashion for their only try of the half – with the score sitting at an emphatic 42-5 at the break. Head coach, David Manuel, was first to rush down the tunnel into the home changing room to give a much-needed team talk.

What a team talk it turned out to be, as a revitalized Madibaz side turned up in the second half with a much-improved performance – scoring 3 more tries to secure a consolatory bonus point. A few Madibaz players were spotted on their knees after the final whistle, with palpable heartache. And understandably so, as this was the last game at the Madibaz Stadium for some of them.

Supporters felt the full-time score was a tad too flattering for the Shimlas given the Madibaz' hearty performance.

When asked about the game, one home supporter quickly expressed his sentiment: "The scoreboard was not a true reflection of the game. Well done to the Shimlas, but the boys showed character tonight. It was always going to be a tough game, but they [Madibaz] gave us a performance worth cheering for." "Varsity Cup or Varsity Shield, it does not matter. We will be here screaming our lungs out again next season," he concluded.